



CACFP One Week Menu

Sponsor Name/Site Name

Head Start of Yamhill County- am toddler classes

Month and Year

July 2024

| Meal Patterns | Monday 7/8/24 | Tuesday 7/9/24 | Wednesday 7/10/24 | Thursday 7/11/24 |
|---|--|--|---|--|
| Breakfast <ul style="list-style-type: none"> Grains, or Meat/meat alternate (no more than 3 times per week) Vegetables or Fruits Fluid Milk Other Foods (Bonus) | GM Cheerios Strawberries Milk/Soy/Lactaid* | WW Bagels Peaches Milk/Soy/Lactaid* Cream Cheese | GM Rice Chex Bananas Milk/Soy/Lactaid* | Yami Vanilla Yogurt WG Granola Pears Milk/Soy/Lactaid* |
| Lunch <ul style="list-style-type: none"> Fluid Milk Meat or meat alternate Vegetables Fruits/Veg Grains Other Foods (Bonus) | Build your own Turkey & Cheese Sandwich on WW Bread Snap Peas Orange Slices Milk/Soy/Lactaid* | Chicken Quesadilla on Don Poncho WW Tortilla Green Salad w/ Ranch Sliced Apples Milk/Soy/Lactaid* | Build your own Chicken & Cheese Sandwich on WW Bread Carrots and Cucumbers Fresh Melon Milk/Soy/Lactaid* | Bean & Cheese Burrito Don Poncho WW Tortilla Steamed Broccoli Tropical Fruit Milk/Soy/Lactaid* |

Milk served is unflavored low-fat 1% milk. Soy Milk served as Milk Substitute Preference

Center: Sheridan MEC Praise EHS McMinnville Lafayette Newberg

This institution is an equal opportunity provider.

CACFP One Week Menu

Sponsor Name/Site Name Head Start of Yamhill County- Todos Sitios Month and Year Julio 2024

| Patrón de Comidas | Lunes 7/8/24 | Martes 7/9/24 | Miércoles 7/10/24 | Jueves 7/11/24 |
|--|---|--|--|---|
| Desayuno · Granos o carne/sustituto de carne (no más de 3 veces por semana) · Verduras o frutas · Leche líquida · Otros alimentos (adicionales) | GM Cheerios Fresas Leche/Soya/Lactaid* | Rosquilla Integral Duraznos Leche/Soya/Lactaid* Queso Crema | Chex de Arroz Integral Plátanos Leche/Soya/Lactaid* | Yogur Yami de Vainilla Granola Integral Peras Leche/Soya/Lactaid* |
| Comida · Leche líquida · Carne o sustituto de carne · Verduras · frutas/verduras · Granos · Otros alimentos (adicionales) | Sándwich DIY Pavo y Queso en Pan integral Guisantes Rebanadas de Naranja Leche/Soya/Lactaid* | Quesadilla de Pollo en Don Poncho Tortilla Integral Ensalada Verde con Ranch Rebanadas de Manzana Leche/Soya/Lactaid* | Sándwich DIY Pollo y Queso en Pan integral Zanahorias y Pepino Melón Fresco Leche/Soya/Lactaid* | Frijoles y Queso Burrito Don Poncho Tortilla Integral Brócoli en Vapor Fruta Tropical Leche/Soya/Lactaid* |

*La leche servida es leche al 1% baja en grasa y sin sabor. Leche de soya servida como sustituto de leche de preferencia

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